

NEW!
IMPROVED FLAVOR!



Trace Minerals



RESEARCH

Fast-Absorbing

Fiber 14g

A **gluten-free** source of dietary fiber and prebiotics to promote digestive health.†



liqui[®]mins™

Certified Vegan • Gluten free

15 FL OZ (444 mL) • DIETARY SUPPLEMENT

Supplement Facts

Serving Size 1 oz. (2 tbsp.)

Servings Per Container 15 (1 capful = 1 oz.)

Amount Per Serving		%DV
Calories	55	
Total Carbohydrate	14 g	5%*
Dietary Fiber	14 g	56%
Soluble Fiber	14 g	
Sugars (from fruit concentrate)	<1 g	
Magnesium (from ConcenTrace®)	20 mg	5%
Chloride (from ConcenTrace®)	50 mg	1%
Sodium	5 mg	<1%
ConcenTrace® (Ionic Trace Minerals)	300 mg	**
Sulfate (from ConcenTrace®)	120 mg	**
Boron (from ConcenTrace®)	250 mcg	**

* Percent Daily Values (DV) are based on a 2,000-calorie diet.

** Daily Value (DV) not established.

Other Ingredients: Purified water, inulin (including oligofructose), organic acacia, ionic trace minerals, white grape concentrate, apple juice concentrate, natural orange flavors blend, citric acid, aloe vera, apple pectin, potassium benzoate, potassium sorbate (for freshness).

Also contains over 72 ionic trace minerals from seawater.

Allergen Info: contains no known allergens. **GLUTEN FREE.**

cGMP



Suggested Use: Shake well. Take 1 oz. straight or mixed into juice or food. Begin regimen by taking 1 tbsp. daily for 1 week to allow GI tract to adjust. Then take 1 oz. daily if desired. An influx of digestive gases is normal and should be expected. Drink plenty of fluids while taking fiber. **Refrigerate after opening. Rinse cap after each use.**

- NO Grit • NO Gluten
- NO Psyllium • NO Mixing

Fiber 14g is a unique blend of inulin fiber and organic acacia fiber from all-natural sources in a convenient, great-tasting liquid.

The fiber content in Fiber 14g comes from inulin, a naturally-occurring fiber derived from chicory roots. Inulin occurs naturally in over 35,000 foods and is beneficial for weight loss and digestive health.† Like other dietary fibers, inulin is a natural appetite suppressant that makes you feel fuller

without added calories.† Plus, fiber also can absorb fat in your digestive tract to reduce the amount of fat absorbed by your body.†

Inulin is also naturally good for digestive health because it's a prebiotic. Prebiotics help boost production of the beneficial cultures that naturally reside in your digestive tract to help aid digestion.† These beneficial cultures help support the natural, healthy bacterial balance of the intestines.†

Fiber 14g also contains organic acacia fiber, a soluble fiber that can help support optimal digestive health and function. It's also a soluble prebiotic fiber capable of increasing good gut flora and reducing occasional indigestion.†

Diets high in fiber have also been shown to help prevent occasional constipation, support good colon health, and promote and support cardiovascular health.†

To complete the formula, we supercharged Fiber 14g with over 72 naturally occurring ionic trace minerals from ConcenTrace®.

ConcenTrace® is a trade name for concentrated sea minerals from the Great Salt Lake.



†These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



LOT#/BEST BY DATE